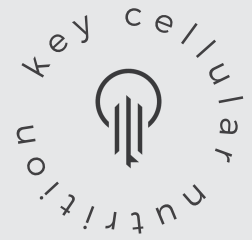




Estrogen Dominance

SIGNS, SYMPTOMS, & SOLUTIONS





WHAT IS ESTROGEN DOMINANCE, AND HOW DOES IT AFFECT OUR HEALTH?

HOW THE BODY OPERATES

Our bodies operate under a complex system of checks and balances, and our hormones are no exception. Estrogen, along with progesterone and testosterone, comprise our sex hormones. Men and women naturally have different levels and balances of these hormones, and when that balance becomes skewed and there is too much estrogen in the body in relation to progesterone and/or testosterone, we call that estrogen dominance.

Estrogen dominance is most definitely an underdiagnosed condition - in fact, I believe it's the reason so many women have hormonal problems and hormonally driven diseases like breast and uterine cancer, endometriosis, and PCOS, to name just a few.

The same goes for men - estrogen dominance puts them at a higher risk for things like prostate cancer, infertility, mood disorders and more. Hormonal imbalances also drive metabolic disorders and cardiovascular and cognitive disease in both sexes.



HORMONAL IMBALANCE

I FEEL 20 YEARS YOUNGER AND PAIN-FREE!



TAMMY A.
KCN STUDENT

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I am 50 years old and feel better than ever. I feel 20 years younger and pain-free including migraine-free. When I started this program, I had so many symptoms of cellular inflammation, and removing the source and detoxifying my cells led me to feel more energetic, even younger. I worked hard to do my best to get rid of as much of my cellular inflammation as possible so that my body could get the hormones it naturally produces and it's working...and new hair has been growing. With that being said, I never would have guessed that my biggest win would be that I have boundless energy. On top of that my thyroid levels are now normal without the use of hormone medication and that was my goal every step of the way.

YOUR HEALTH MATTERS

Symptoms of ESTROGEN DOMINANCE

In addition to the issues and diseases that fuel estrogen dominance, it also causes troubling and uncomfortable symptoms in both sexes. While some symptoms may overlap - like mood swings, anxiety, inflammation and pain, headaches, and migraines - there are symptoms specific to both genders, too, that stem from estrogen's essential functions in each sex. In women, estrogen is responsible for the development of female characteristics and the reproductive system, and specific symptoms present accordingly. In men, estrogen is responsible for maintaining libido, erectile function, and sperm production, and their symptoms reflect that as well.



Symptoms in Females

- Premenstrual mood changes
- Extended periods
- Mood swings
- Inflammation and pain - including:
 - Painful, lumpy breasts
 - Generalized swelling
- Headaches and migraines
- Insomnia
- Anxiety
- Infertility and miscarriages
- Unexplained weight gain



Symptoms in Males

- Fatigue
- Mood changes
- Low sperm count
- Issues with infertility
- Lowered sex drive
- Erectile dysfunction
- Stubborn belly fat
- Gynecomastia (the development of breast tissue)



This isn't a comprehensive list of signs and symptoms, but those are certainly some of the main ones.

A VARIETY OF CAUSES AT PLAY

There are many potential causes of estrogen dominance, and often multiple causes are at play.

First, let me explain that there is both “good” estrogen that is essential to our health, and “bad” estrogen that results from exposure to estrogen-mimicking toxins (things like phthalates, BPA, dioxins, flame retardants, etc. found in man-made petrochemicals, certain drugs, plastics, herbicides, pesticides, household chemicals and cleaners, beauty products and the like).

The good estrogen, called 2-OH, should comprise about 60-80% of a person’s total estrogen. The bad estrogen, 4-OH, should only comprise 7-11% of the body’s estrogen.

Increased levels of 4-OH estrogen put a person at risk for developing cancer and other diseases, particularly breast cancer.

Another type of estrogen, 16-OH, is not as harmful, as it’s bound to protein, but should only comprise 13-30% of total estrogen nonetheless.

This leads us to our first cause of estrogen dominance -
a stressed liver from overexposure to toxins, that loses the
ability to properly detoxify the body and break down estrogen.

Whenever 4-OH is formulated, it needs to be deactivated by the liver...but if the liver is stressed and not functioning properly, the excess, problematic estrogen can’t be metabolized and deactivated, and remains in the body.

We’re exposed to an unprecedented amount of toxins every day - in the air we breathe, the water we drink, the food we eat, and the products we use and put on our bodies. Even though we were created with an amazing capacity to detoxify through our liver and other elimination channels, there comes a point when our bodies become overwhelmed.

Toxins aren’t the only problem, however - the Standard American Diet (SAD) is chock-full of sugar, processed foods, and unhealthy fats which leads to fatty liver disease, inhibiting the ability of the liver to detoxify the body further.



I CAN NOT PUT A PRICE ON HAVING MY LIFE BACK.

I entered the program with 32 problems and health issues on my medical record. I was on several dozen prescriptions, I was unable to walk to the mailbox, and my parents had been supporting me for 11 years. Today, I walk several miles a day. I am only on 3 prescriptions. I am working for the first time in 26 years. I get to travel. I have no brain fog. I am grateful for the friendships formed on the journey.



DONNA W.E.
KCN STUDENT

OTHER FACTORS THAT CAN CONTRIBUTE TO ESTROGEN DOMINANCE INCLUDE:

Gut Dysbiosis

An overproliferation of bad vs good bacteria in the gut. A balanced microbiome is essential for a properly functioning, balanced body. How does dysbiosis take hold? The overuse of antibiotics and antibacterial soap, exposure to toxins like herbicides and pesticides, unhealthy diets, unmanaged stress...it's a long list. There are even types of "bad" bacteria that wield the power to convert estrogen to the damaging 4-OH variety!



Constipation

Excess estrogen is passed out of the body through our stool, but when someone is constipated and it's not eliminated in short order, it gets reabsorbed by the body.



Stress and Inflammation

This includes hidden infections (think old root canals, gut infections and parasites, etc.), which drive inflammation.



Mitochondrial Dysfunction

When the energy factory in your cells, your mitochondria, aren't producing enough energy, dysfunction results. If you have low energy levels, or have trouble losing weight, it's a safe bet that you have mitochondrial dysfunction.



Alcohol

This is another big driver of estrogen dominance, as alcohol consumption stresses the liver.



RESTORING HORMONAL BALANCE

In order to have healthy, balanced hormones, you must have a healthy liver that's unburdened by toxicity. To that end, avoid toxins to the greatest extent possible and replace everyday products with safer alternatives. Swap plastic food storage containers for glass, start using clean beauty and body products, replace toxic cleaning products with natural ones, filter your air and water, and eat organic whenever possible.

To purge toxins from your system, a true cellular detox protocol like the one we use in our Cellular Health Accelerator program can't be beat. Outside of using supplements to detox, infrared saunas are also helpful in purging toxins, as is exercise - really anything that makes you sweat! Epsom salt baths are also great for drawing toxins from the body.

IT'S IMPORTANT WHAT YOU CHOOSE TO PUT IN YOUR BODY



CARMEN M.
KCN STUDENT

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I didn't realize the food I had been eating was hurting me. After four days, I felt a difference. I had no heartburn and my joints felt better. But after just two days of holiday eating, I woke up with achy elbow joints and a small migraine. So back to the plan. This made me realize how important it is to choose what you put in your body.

It's also imperative to support liver and gallbladder health and keep bile flowing freely to effectively carry waste from the body. Eating salads composed of bitters, things like kale, arugula, or dandelion, is great for that. You can also utilize supplements like yarrow, garlic, ginger, Jerusalem artichoke, and TUDCA (which can increase bile production by 250%!) as well.

Focus on eating a whole food diet packed full of fresh vegetables and fruits, high-quality protein, and healthy fats, manage your stress, move your body, and get proper sleep to support overall wellness on top of that, and you'll be amazed at the improvement you see in your health!

Lastly, it's important to support methylation in the body (a chemical reaction integral to the detoxification process). A few easy ways to do that is by consuming raw carrots, celery, cumin, anise, coriander, broccoli and cruciferous vegetables, glutathione, B vitamins (make sure it says "methyl" in front of it), and magnesium.



**HAVING THYROID
PROBLEMS?**



**WATCH THE
FREE TRAINING**

**& LEARN HOW TO REGAIN
CONTROL OF YOUR HEALTH**

key cellular
NUTRITION